

**VALENCIA COUNTY OLDER AMERICAN PROGRAM**  
**MONTHLY MENU – January 2013**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>Thursday</b>	<b>FRIDAY</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>CLOSED</b>	<b>Green Chile Chicken Enchiladas Spinach - Pinto Beans Milk Fruit</b>	<b>Carrot Salad Salisbury Steak Broccoli Scalloped Potatoes Roll-Milk Fruit</b>	<b>Zucchini Salad Beef Lasagna Italian Vegetable Garlic Bread Milk Fruit</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Three Bean Salad Beef Tips/ Mushroom Sauce Carrots Rice-Milk Crackers-Fruit</b>	<b>Lettuce &amp; Tomato Onion &amp; Green Chile Cheeseburger Tater tots Bun Milk Fruit</b>	<b>Salad Chicken and Sausage Gumbo Carrots Rice Bread/ Milk Fruit</b>	<b>Carrot Salad Ground Beef Steak Green Beans Mashed Potatoes Roll Milk Fruit</b>	<b>Tomato &amp; Onion Salad Pork Carnitas/Red Chile Calabacitas Refried Beans Tortilla- Milk Fruit</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Cole Slaw Sloppy Joes Onions &amp; Jalapenos Potato Salad Bun- Milk Fruit</b>	<b>Salad Baked HamW/ Pineapple Glaze Green Beans Sweet Potato-Roll Milk-Fruit</b>	<b>Salad Chicken Strips Peas And Carrots Potatoes Bread-Milk Fruit</b>	<b>Tomato &amp; Onion Salad Hot Roast Beef Sandwich Broccoli Mashed Potatoes Bread-Milk Fruit</b>	<b>Zucchini Salad Vegetarian Lasagna Italian Vegetable Garlic Bread Milk Fruit</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>3 Bean Salad Beef Stew Crackers Milk</b>	<b>Zucchini Salad Lettuce/Tomato/Salsa Beef Tacos Pinto Beans Milk Fruit</b>	<b>Tomato &amp; Onion Salad Hot Turkey Sandwich Brussels Sprouts Mashed Potatoes Bread/Milk Fruit</b>	<b>3 Bean Salad Chicken/Mushroom Sauce Carrots Rice/Crackers Milk Fruit</b>	<b>Carrot Salad Roast Pork Broccoli Scalloped Potatoes Roll Milk Fruit</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>Bean salad Beef and Macaroni Italian Vegetables Garlic Bread Milk Fruit</b>	<b>Salad Polish Sausage Sauerkraut/Onions Ranch Beans Bun Milk Fruit</b>	<b>Potluck &amp; Monthly Birthday Party with Fiddlers &amp; Musicians of New Mexico At Bosque Farms Community Center</b>	<b>Cucumber Salad Chicken Salad Sandwich Lettuce &amp; Tomato Chips Bread/Milk Fruit</b>	